

What Are Snoring Pillows?

Are you beginning to find sleeping difficult? Maybe getting to sleep has been a real problem for many years.

All kinds of remedies can be found today, that aim to promote a good night's sleep. One such phenomenon is the snoring pillow.

Snoring pillows are not merely a standard down in a sack pillow. These are designed specifically to reduce the incidence of snoring whilst at the same time being as comfortable as possible. The key features of the general snoring pillow are that the persons head is well supported, kept in line with the spinal column, regardless of the patients sleeping angle i.e. on his/ her side, back or front. Postural stress, stiff necks and/ or tense shoulders are the key aspects reduced.

Crucially the chin is kept away from the chest area, the jaw is pushed forward, the end result being an unobstructed open airway to breathe through. What all the manufacturers of these types of pillows tend to create is a thick border around the edge, and a thinner central pillow area, basically a slight depression, that positions the head in the best position to alleviate heavy snoring and a poor overall posture.

Snoring pillows tend to come in a standard pillow size, are typically white, can have a variety of fillings (standard goose down to NASA designed flame retardant visco-elastic memory foam) and often have anti-allergy covers. Some of the most recent pillows are specifically designed for sleeping on your side, the specific associated contouring.

Pillows such as these have been tested by some hospital doctors and researchers. Results have in general shown low to medium success at reducing, but not totally ridding, snoring. Most patients indicated that the pillows were very comfortable but rather expensive for what they claimed they could achieve.

In addition to using pillows there are a number of ways in which people can be encouraged to sleep on their sides. Side sleeping is reported to stop 60% of all US sufferers of snoring from snoring by 60%. Various side sleep promoting products involve back braces, mattresses that relieve pressure point pain, or adjustable collars that support you chin.

It is important to remember that sleep deprivation is a serious issue that affects everyone from time to time. Some people are markedly more affected than others. Tired people in many ways react to their environment in a similar fashion to someone who has drunk one too many alcoholic beverages! If people sleep for less than six hours each night they are likely to have reduced coordination, judgment and reaction time. When this is the case some occupations, e.g. driver, emergency work or night shift warehouse work can be difficult and dangerous to do. Additionally increased irritability can lead to social problems e.g. divorce.

Get informed about snoring, snoring pillows and other aspects associated with a loss of sleep. Often this subject area is completely bypassed, the problem potentially remaining undiscovered for years.

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About the Author

Do you yearn for a decent nights sleep? Go to <http://www.sleepapneafacts.info/Why-You-Should-Stop-Snoring.php> for more information.